

FITNESS COMMITTEE MINUTES

**April 9, 2020
5:00 – 6:00 PM**

The Fitness Committee held a meeting via conference call on April 9, 2020. The meeting commenced at 5:12p.m.

Committee Members Present

Jennifer Eastman
Dr. Aruna Nathan (Chair)
Cameron Pollock
Dr. Mychelle Farmer
Jason Semanoff

Committee Members Not Present

Julie Maneen
Joanne Roberts
Namisa Kramer

Center for Chronic Disease Prevention and Control Staff Present

Nacole Smith
Olubukola Alonge

Dr. Nathan called the meeting to order at 5:12 PM.

1. Roll Call/ Approval of minutes for February 13, 2020 meeting

Dr. Nathan took the roll call. A quorum of the Fitness Committee was present and the meeting minutes for February were approved.

2. Discussion

Nacole discussed the communications guide with the committee. She informed the group that the guide includes steps that each committee should take to appropriately disseminate messaging through social media and/or create brochures or information that is shared with the public. Olubukola gave more insight on the communication guide, why it was developed and stated that there will no longer be a reason for the group to invite the communications department to meetings. Dr. Farmer wanted to know what the time frame would be if we wanted to send messages out in May, would we have enough time to plan or would we have to wait until the Fall? Nacole stated we should give ourselves at least 2 months in advance to plan and get things sent through the appropriate channels.

Dr. Farmer would like to disseminate fitness messages for the September 29th World Heart Day and the October 7th Walk Maryland Day. Dr. Nathan and several other committee members supported this idea. She also suggested sending out messages for COVID-19. Olubukola stated we cannot share information about COVID-19 without going through the appropriate channels and following Maryland Department of Health (MDH) policies. Cameron would like the committee to develop a strategy to track the

number of people who receive messaging because this was indicated in our action plan. The committee under guidance by CCDPC needs to determine how this can be accomplished. Dr. Farmer would like to create hashtags using her personal account for the observances and Dr. Nathan also agreed with this activity. Jason suggested we use the social media messages used for Walk Maryland 2019 as well as the newly created logo for Walk Maryland 2020. The 2019 messaging was shared with the committee for review. Cameron stated the current State priority is COVID-19 and fitness related messaging though important may be delayed due to this reason. Dr. Nathan wants to prepare a message and have it ready to disseminate in a few months and will create a google document so the committee can start working on the message. After the message is created, the committee will send it through the appropriate channels for approval.

3. Next Steps:

- Dr. Nathan will start a google document and send it to the committee to review and edit before our next meeting.

4. Adjournment

The meeting was adjourned at 6pm.

Next Meeting: April 15, 2020